

Now deep thoughts ... with Conestoga College

Random questions answered by random students
What is the worst outcome of a bet you have seen or been a part of?



"I bet 20 bucks on the Broncos winning 24-21. Not only was it not even close, they were blown out. Just a complete blowout."

James Jones,
first year
police administration

"We bet someone 20 bucks to take back all the grades. Not even our police were ready to take it. He did it."

Rylee Dumas,
a fourth semester student on
accounting for the college



"After a game of beer pong someone had to go back up after they didn't back my cup."

Justin Dixon,
second year
anthropology, psychology and
engineering

"In high school we kids bet each other to wear jeans only. One of them if you do it, I will do it because they ended up both doing it."

Lauren Davidson,
first year
international business administration



"During the summer two friends had a competition to see who could take more ghost pepper vodka shots. The loser had to eat the rest of the pepper."

David Martin,
second year
business administration



"I am currently in a bet that if the Leafs win their division, I have to go shopping at Conestoga Mall. They are on a hot streak lately so I'm a little worried, but it is the Leafs."

Thomas Agostini,
first year
police administration

Share Conestoga, you could be our next respondent



DAVID MARSHALL

His Gator performed at Pop the Gator's opening night in 1983. It is likely that he will attend the 25th anniversary on March 1.

Pop the Gator returns to K-W after 25 years

BY KYLEEN O'BRIEN

Walking up the long flight of stairs into a smoky room with huge 1950s rock-in-style posters and blue posters plastering the walls, you would have never thought this old blues club would be remembered after 25 years.

Pop the Underground March 1, 2008 so it is fitting that the 25th anniversary will be held on March 1 of this year at THE CLUB 2500. Hosted by these blues the original owner, Chas Clay will attend the event, as he performed at the club in its opening night.

"It is sort of a tribute to the music scene and history of Kitchener. People know the blues festival and on a way Pop the Gator started that and David Marshall CEO of THE CLUB 2500."

"Pop the Gator comes up occasionally its conversation now and then, people just have this fond memory of Pop the Gator. If someone brings it up very quickly people are talking about how great it was to go there and all the good and bad things they did there."

There is this huge fond memory that Marshall is.

Talks to the event, now called at THE CLUB 2500. Known locally and at Kitchener Leaside, however, all 400 of the tickets to the anniversary sold out within 48 hours.

Marshall said he hopes this will encourage people to look one of these events once or twice a year.

Mark in the days of post-war blues and blues posters, that the club was located on the second floor of the building where Blues Canada is located today on Queen Street in downtown Kitchener.

Pop the Gator used to showcase successful as well as up and coming artists and this band will continue at the moment. It includes Chas Clay, Murray Bright and the 19. Later will be performing and Marshall said there will be more surprises and artists from the club at the event.

"Everyone talks about the club and its way out of vertical space looking up to the main floor, room where everyone was kind of jammed into," Marshall said.

He said, "It wasn't a problem going up the stairs. It was coming down stairs that was the problem."

He added Pop the Gator had the right atmosphere for a blues club. Unfortunately he said there weren't any more places like that around here although Blues Canada probably has a few.

"I was a pretty young guy at Kitchener collecting blues records and it went from a point of a guy collecting records to having a club and started off just listening to these guys I could phone them up and have them come up here and play in my club. On that level it was really cool. It was cool."

For one night, Pop the Gator will return to its home at Kitchener and bring back lots of memories for all who attended.

"I'm just thrilled that people can recall these people, and these kind of memories of 25 years ago and I am really looking forward to seeing them all gather together to celebrate Pop the Gator here at THE CLUB 2500. Marshall said.

Facebook celebrates its 10th birthday

BY JAMIE CLARKE

For many years now, people have been trying to keep in touch with relatives and high school friends across the globe. Just last November, 10 years ago, you required an e-mail address, home address or a land line number to keep in contact. Then along came Facebook.

According to www.facebook.com, the website was based out of its predecessor, Facemash, a site launched on Oct. 28, 2002 and created by Mark Zuckerberg along with his Harvard University classmates Andrew McCollum, Chris Hughes and Dustin Moskowitz.

It was set up as a type of "fun or not" page for Harvard students and allowed its visitors to compare two students pictures side-by-side, asking them decide who was "hot" and who was "not." It was shut down by the Harvard authorities a few days after it launched.

In January 2004, Zuckerberg began writing the code for a new website and on Feb. 4, 2004 he, McCollum, Moskowitz, Hughes and Eduardo Saverin launched the website called "Thefacebook." It was originally located at www.thefacebook.com, which, some estimate, led to the current address of www.facebook.com.

Zuckerberg's interests were to create a universal website that could connect people around the university. Within 24 hours of launching Thefacebook had

between 1,500 and 1,600 registered users.

Membership on the popular website was initially restricted to students at Harvard University but was expanded to Stanford, Columbia and Yale in March 2005. Expansion continued to all Ivy League and Dartmouth schools and it probably reached most universities in Canada and the United States. There, in 2005, it was already available every where.

Facebook's timeline (which like the timeline currently on people's own news profile pages) includes some major milestones in its 10 years. For example, on Dec. 30, 2004, it acquired its first million registered users. It also launched its photo feature in October 2005 while the ability to tag your friends on those pictures was added in December of that same year. The New Post was created on Sept. 8, 2006. In September 2009, Facebook announced a feature where people could tag their friends in their statuses and comments. In June 2010, Facebook launched "Live" buttons become available in the comments section. In January 2011, the company was worth \$100 billion. Facebook now makes more than \$1 billion an app in October 2011 and reached one billion users in October 2012. In June 2012, Facebook announced that you will be able to see friends in your streams made like another popular website, Twitter.

Facebook is the most popular social networking site in the world, however, it still comes behind popularity in countries such as Japan, where domestically produced social networks are still highly preferred.

Due to the rising popularity of Facebook, its users have grown quite substantially over the years, starting from one million in Dec. 2004 to over one billion.

Even more interesting is the age range of Facebook users. With more and more people from an older generation joining Facebook, teens and young adults are slipping away from using the social networking site and turning toward Twitter due to the fear of being "tricked" by their parents.

"I don't know that I see them moving from Facebook to Twitter and you have a lot of other social platforms that they're excited to experiment with, like Snapchat or Instagram," said Lydia May, a second-year, Concordia advertising and marketing student. "I definitely have seen those platforms become more popular among a younger generation."

The numbers are still pretty high though. A new survey conducted by Pew Research Center on Americans' habits and opinions about social media interactions, as well as status among other things, shows that 73 per cent of Facebook's users are 18 and ages 18-17.

With Facebook now 10 years old, Zuckerberg said 2013 on Aug. 29, 2012, for next steps planning to remain, but he has people from around the world.



Photo by Jamie Clarke

Facebook, which recently celebrated its 10th birthday, has been available on mobile devices since its launch in 2011.



Stand Out from the Crowd

Graduate Certificate Programs:

- Business Ventures – Small Business Ventures
- Career Development Practitioner
- Community and Social Service Management
- Event Management
- Financial Planning Services
- Global Business Management
- Green Management - Sustainability
- Human Resources Management (May and Sept. start)
- Professional Accounting Practice
- Project Management (May and Sept. start)
- Social Media Marketing

Target Specific Career Interests through Active Learning

To learn more contact
jw@amphrey@conestogac.on.ca

APPLY NOW FOR SEPTEMBER, 2014

Scammers target college

BY GAILA SHAMPO

"It is almost too good to be true."

Those were the words spoken by Conestoga College security and parking supervisor David Bishchoff regarding an alleged scam, although that claim goes during the last week of January in one of the parking lots at the Dues campus.

Although Bishchoff said that the scam was not yet as serious as the previous one, he said it was a serious attempt, college students that it is an on-going threat to students in the parking lot as an effort to scam

“It’s a target-rich environment for people to pull their scams.”
 — Gaila Shambo

any would be buyers. According to Bishchoff, this is not the first time someone has tried to do this under his watch, as the believe the scam is a present on-going of an opportunity for someone increase of students always wanting to get a good deal.

"We have had these people in

the past, maybe there are that come mostly in September as a target-rich environment for people to pull their scams."

One particular scam that has prompted security to make the effort to lower the risk is on more than one occasion people selling open parking

Bishchoff reminds students to never purchase anything from anyone not operating out of a booth that would first be approved by Facilities Management, and to immediately contact Security Services located across from the library at the Dues campus if you have any doubts or concerns with sales on the campus grounds.



1000

[illegible]

Stray dogs killed in Canada too

Abstract

The Santa Clara are rich with controversy, but perhaps among the many, none has gone so viral and pulled on so many western heart strings as the issue concerning the status of bandidos: some say they aren't, others close.

The Korea story runs on all the same history following the well-worn pattern that the rest of eastern Europe and clothing manufacturers have: that years have come and gone as brand names for jackets, cell and a few for, and millions of

Controversy surrounding four fur clothing and the concept of mass dog walks is another new and is to be

means located in the 'pay
business' department and
Narita City. We have our
own problems right now in
China.

In the early spring of 1993 I found a five-lb. Rottweiler puppy in a parking lot of a rural Massachusetts strip mall. At the time she weighed about 30 pounds and was extremely energetic. She wasn't. She was a puppy on that machine, but

the place where you find the
in the small town of the
For there are dozens of not
hundreds of ships running
around looking for food
Under here on Elkhorn:
every day are not pushed up
by local human reaction and
deflected until they're aban-
doned and so killed if they're
unpopular enough ships.
They are hunted that, pas-
sion or otherwise rejected
from the rest of the crew.

The well-known practice of leaving a litter of puppies alone and waiting to see which ones survive before putting a keeper in, remained in vogue in industrial war zones like North Vietnam. The population problem arose whenever survivors then sought employment, but didn't return to their parents because they've learned to live without.

According to North American standards, only one out of every 10 dogs have well fixed a permanent home.

A petition to "let dog shoots in Idaho" was launched as early April 2013 by Pew Western owner Thomas Blase. The intent of the petition was to have pro-gun legislators passed which would see the program responsible for the destruction of free-range sheep.

Shortly after launching the proposed pact, Israel realized the scope of the problem and took the campaign national, calling on the federal government and First Nations communities to address the issue of the shootings.

The petition, gathered over 17,000 signatures nationwide, had been yet to be addressed by the federal government in any formal way.

Failure to address the issue has led good Samaritan Emma Linn to take up the fight against animal cruelty and abandonment.

Lanes Mounted a private security detail on her passage to The Pines during the summer of 2003. She currently has 10 dogs on her case, but at one time had 15.

"And there are so many pups running around. One of the reasons why is because the sterilization process is rather expensive and a lot of people can't afford that money straight up. Love said, "We don't have a humane society here so if a dog goes to the pound it has 48 hours until it's put down."

2. The lake is a village - a group of four small houses in which a number of the workmen live. It is also a school. Every day, besides the lake, there is the usual control room. Last year

A different protest ending for the end of the mass killing of drug dogs in Mexico was launched by a New York woman following American news coverage of the toll. The petition has already increased to 600 signatures. It calls very much "this is only a problem because of the lack of laws and regulations in animal protection and causing the country has never changed."

Next, clients offer the products they purchased. Shoppers bid money and Olympic rings to enter. Clay Thompson founded a shelter on the edge of town where volunteers are invited to bring things. The shelter is now home to over 100 people.

Meanwhile, the struggle to eliminate anti-gay laws along with gay rights continues. Canada's gay men



EAT WELL | LIVE LONGER

learn more at heartanddetox.com

FIGURE 10. *Environ Monit Assess* (2006) 124:179–190. © Springer 2006.



HEART- STROKE SYMPTOM

[illegible]

**Titular
Rectory
Uranus**

These words sound dry, but aren't. And neither are the conversations started by

The Science of Sexuality



It's time for the talk

- SOME FAST FACTS
ABOUT SPAY EXCISE
IN CANADA**

- Only one out of every 20 jobs here will lead to a permanent move to Canada
- 50 OECD signs are taken in Canadian dollars each year
- Only 281,378 jobs are selected from accelerated admissions program
- Only 10% of jobs are in high-tech fields
- Most small shop owners have a full-time job elsewhere when they start
- 500,000 immigrants to OECD, 200,000 per year
- There are 500,000 immigrants in OECD countries
- An immigrant's impact on jobs is limited in Canada's economy



Slam poetry thriving in Kitchener-Waterloo

BY CHERY BOWEN/STAFF WRITER

What slam poetry is versus free verse, how to perform, even between Kitchener-Waterloo Poetry Slam champions Henry O and Janice Lee.

"It's a political venue to rhythmically say any question you have with society," said Henry, who uses past the letter O as a last name.

"It's interesting that you would say that. Henry James used to be a very far over definition."

"It's spoken word, competition where original writing is judged by the audience. Slam poetry is not a kind of poetry. It's just poetry that's performed at a slam."

"It's a spoken word event, the words become contested and alive because the performer owns that kind of high energy and it's James who is the slam's artistic director, and I think it's very inspiring and for people to be able to share their own words in a stage where it will be heard."

After attending several public, open spoken word events in Kitchener-Waterloo, James and Henry were people featured KW Poetry Slam in 2021.

There was a demand for a stage and there were four of us who decided that we were

going to write the poem, get the money and make it happen."

And since then the audience has grown to James' "community group, and the year."

"We used to be in the Silver Room at the Kitchener-Waterloo, which at 15 people was pretty full," recalled James. "And we would sometimes peak 40 people in there."

The Little Room, located at 401 King St. in Kitchener, has become the home to the organization's monthly slam, which has an audience of up to 100 people.

"There's definitely a huge demand for it, and we're just trying to balance having a venue that is a good space for the poetry and one that is affordable and accessible," James said.

Henry, who is the marketing and outreach director for the organization, said the most popular style of slam poetry has to do with the Kitchener-Waterloo slam becoming more online.

"I've been in the area my whole life and it's come like the social media more cultural, whereas maybe five to 10 years ago there wasn't as much of an art or music scene," Henry said.

The KW Poetry Slam has a strong focus on creating

an inclusive and accessible space. Part of this is done by ensuring venues for slams and workshops are physically accessible to everyone.

Another part of the organization's attempt at creating such an environment is changing how the poems are judged. Until recently, performers at the KW Poetry Slam were judged using their own rules, but the judges have committed for the poets on what to judge.

"At the Canadian Festival of Spoken Word, it's a contest with members," explained Henry. "But we're trying to make it so it's more about creative free expression."

"It makes it about the poet, not just the poem," James said. "People don't like competition, people just want to hear poetry."

Performers are also judged anonymously at the slams so that the top 10 in points can be determined for the KW team and go to a national competition.

James, who was one of the first KW slams to go to national, described the experience as one of his best with the slam so far.

"The more energy and support we had from that crowd was crazy," James smiled. "That's when I knew that

kind of energy and love for poetry was possible. That has always been a goal to bring KW's love and energy up to that kind of passion, because people love that, for poetry."

The really exciting thing about slam poetry was after being asked what his best experience with the slam has been so far.

"Just the interaction with the crowd, it's better than a show."

The organization hosts a poetry slam on the first Sunday of every month

with the next one being on March 1 at 7 p.m. at the Little Room.

Another big slam poetry event happening on March 11 at 7 p.m. at the Little Room featuring 12 poets, including the featured poets, is the March 11th Slam.

"It's a lineup of three amazing poets and James with an emphasis on scoring."

"You'll cry and laugh and it'll be a poetry explosion of goodness."

JANICE LEE'S TIPS FOR WRITING AND PERFORMING SLAM POETRY

- "As soon as you start writing like a poet you see on YouTube it's so obvious. You become a peeper and everyone can tell and everyone doesn't like it."
- "You can make stuff up, but audiences like seeing truth on stage. Honesty and vulnerability always resonate with audiences."
- "It's certainly good to practice. Be animated and performative."
- "Have fun with it and don't take the scoring too seriously."



Left to right: Dorian Dorian, Beth Murty, Ben Gierke, and Janice Lee perform at the KW Poetry Slam's December event on Dec. 18, 2022.



About two dozen flash mob dancers gathered to perform a choreographed routine to Let's Groove by David Byrne.



David Byrne, a treatment choreographer who has worked with Cirque du Soleil and many other well-known dance troupes, volunteered his time to choreograph a flash mob routine for Concordia College students.

**Photos
by
Hailey Mark**

Flash mob busts a move

BY HALEY MARK

"We set out to create awareness about our programs and activities at the School of Media and Design and Concordia College's annual membership meeting co-ordinator Margaret Hodges.

At 12 p.m. on Feb. 18 a flash mob erupted in the Atrium at Concordia College's main campus.

With the help of Henry second secretary, Campus de Bland, steering lights, Debra

Steen, about 25 Concordia College students were able to get together a flash mob routine.

"We just had one two-hour rehearsal the night before so I think it went really well," Steen said.

The crowd watching the choreographer truly loved the students' creativity, which is why she gladly donated her time and skills to the college.

This was Concordia's first flash mob to date and Hodges is calling it "a great success."

"Students had fun doing it and watching it," she said, according to a press release.

This year the School of Media and Design is holding two anticipated charity events: the annual Charity Gala and the fourth annual CONCORDIA University Performance Block will take place at the Waterloo Region Museum, located at 18 Huron St. in Kitchener, on Tuesday, March 18, and Thursday, March 22. Proceeds from the Charity Gala will be donated to the renovation unit at St. Joseph's

General Hospital and the proceeds from the CONCORDIA University Performance will be donated to the Avenue Robinson Association.

This year's CONCORDIA theme is a game of music as they danced in one room as their choreography led which then turned into a flash mob.

Melissa Dugdale, a second-year visual merchandising and student at Concordia College and the flash mob went great even though it was "a little nerve-racking seeing a huge crowd of stu-

dents, meeting around for them to start."

"It was a really great experience. I would rate today a 10/10. We weren't expecting a crowd when we got to the Atrium, but I had a lot of fun and an awesome experience."

For more information about their two upcoming events or tickets contact Margaret Hodges at mhodges@concordia.ca.

If you missed the flash mob you can watch it on YouTube at <http://bit.ly/1233w83g>.



Melissa Dugdale (left) is a faculty member in public relations, Katerina Baranov, a student, and Paula Gervais, public relations officer, all volunteered to participate in the flash mob.



A group of Concordia College students stand in a line holding up something big for the camera.

Fun off the starboard bow

BY NICKI BRADLEY

If you hear loud shouts like "hoist, ho," you're going through the air (it probably came from Western Marine Museum's newest exhibit, *Odysey's Shipwreck! Treasures and Treasure*).

Over the past 3,000 years, war, plagues and storms have made some of the world's greatest ships into some of the greatest wrecks, now on display at this exhibit. Artifacts from the 1800s to 1900s tell the story of pirate lore, pirate legends, treasure maps and history's most infamous pirate ships such as *H.M.S. Endeavour*, *Golden Hind* and *Black Mary*. *Clippers* are on display at the museum.

"There are a lot of boats on material that are fun for kids and also grows up like myself," said James Jensen, one of the Western Marine Museum's curators. "There are a lot of experiences that you wouldn't get in your everyday life in at most museums anywhere. It's really kind of cool that it's in close proximity and also the interactive."

One of the top interactive items in this exhibit is the number of fun interactive activities that are just for any college students looking to find their inner child. There is a treasure



SHIPPING BY NICKI BRADLEY

hunt. Clunking and air have sunk mighty ships for over 3,000 years, with some of the artifacts from these wars now displayed in the Odysey's Universal exhibit at the Western Marine Museum.

Wooden barrels that simulate approximately a close one-hundred-ton sailing ship up to 60 knots. The exhibit also

features *SHIP*, a robot arm used by the Odysey team when collecting artifacts and treasure from

shipwrecks.

Participants can control the arm in an interactive challenge to try and collect

the items scattered along the base of the robot.

"I like that James said, 'the interesting thing about what [shipwreck] does is they don't see it until they do it. It's all done using interactive robots. So for some people seeing them in the first is pretty cool. They're used at the Discovery Channel and documentary before."

The exhibit features over 100 pirate artifacts that have been recovered from famous shipwrecks all over the world. Some of the most important artifacts on display are real pirate treasure — over 100 pounds of gold and silver to be exact. Some of the silver backs weigh about 100 pounds. A crown from an underwater shipwreck from the 1700s is also on display. It is thought that the crown was found on its side. The *Hoffman* pirate vessel off the coast of Alaska in the exhibit is a 1900s wooden schooner, a sailing ship. The oldest of its kind to be found on a shipwreck and a rare museum artifact which was a major inspiration tool and one of only about 100 on land today.

The exhibit is on until April 28. For more information on it or other exhibits check out westernmarinemuseum.org.



The Western Marine Museum will host ships at a exhibit in hall of power, gold and silver, treasure and more.



James Jensen, one of the Western Marine Museum's curators, shows a young boy how to operate the ship through an interactive game.

Who is Jeff Scherer?

A look at the president-elect who will inherit one of the biggest projects in CSE's history and aim to build a sense of community among students

AN OVERVIEW

When Jeff Scherer ran for CSE president, the competition was stiff. His running mates, some members of the current board of directors and a host of strong student candidates.

But the third-year business administration student — a not-so-quiet student, is no stranger to tough challenges. After all, he played tennis hockey against elite Canadian, took up chess, John Tennison and Thomas Dunbar.

It was the one guy on the site that everyone looked at. He was just that good. Scherer said of Tennison.

And though hockey did not become a full-time career, Scherer's shot at the presidency put him firmly in the news column after he was selected by the student body on Feb. 1.

Scherer is an Okanagan native who decided to attend Wilfrid Laurier University for his post-secondary education. That didn't completely work out, with Scherer deciding that university wasn't for him.

"I just want," Scherer says, "effectively knowing what I wanted to learn from university so I decided that everything at college would get me a better experience and a better learning style."

But there was one way that he knew spent at Laurier left a mark on him. The school's ability to create and harness student spirit was something that he admired.

Scherer made this part of his platform when involved in his election to CSE president for the 2011-2012 academic year.

The entire staff around Laurier university the school spirit is amazing. And it's something that I think I can take from that experience and bring to Comestop.

Scherer spent a great deal of time. And I wanted to know how Comestop would be able to keep the students in that spirit at the end of the presidency. What is the looking for to determine whether school spirit is alive and well in Comestop's halls?

"The feeling I want to get from students is that Comestop isn't somewhere that you just come to school. When you leave your post-secondary education, should be something that is almost a second home to you. And that feeling of community will probably be the one thing I evaluate my success on. Scherer said.

"I do know what I'm looking for. It's one of those things that's almost impossible to put into words until you see it. And when you see it, it's going to be that moment of 'huh, I just don't know what other way to word it.'"

In the question and answer portion of the election process, Scherer was asked what he would choose if he was allowed to accomplish only one goal as president. His answer he wanted to straighten out the school's colours to help build school spirit. This was a risky response with the potential to backfire. It could have led to more than a three-hour change.

But Scherer explained that it was important to him that he wanted to do as president, and that many students aren't even sure what our school colours are.

"The one thing I would change in the past would have to be unifying our school colours. I know it's not a huge thing. As a secretary, they can help build our school and help people feel around our school and the staff they can bring home with them, as well. Scherer said in response to the committee's question.



Jeff Scherer's experience as a residence student means that he'll be stronger in successfully working with students.

When I asked what his preferred colour scheme the Comestop would be, Scherer offered to students saying that their input would be valuable.

"At the end of the day, you want those students to have a say in what colours they're bringing home," Scherer said.

Scherer should get some chances to improve school spirit, with the upcoming constitution of the new version of the largest project in CSE's history. There was some talk at the Comestop meeting of the board of directors of the creation of a CSE-run student, scholar committee where they would be to design up content in student events.

Scherer has been heavily involved in residence life the same time. He has acted as a residence adviser and a community liaison for Comestop's College House residence. He used those experiences as

definitely something he'll be drawing on as president.

"You wish 500 students into a small building and contacts are going to come. You can capture the staff that the residence staff pass through on a day-to-day basis. I've been pretty busy in the past three years to be able to work with some amazing individuals," Scherer said.

He credits his involvement with residence as one of the factors that allowed him to develop into an effective student leader.

"Since I've started at Comestop, I've worked with over 1,500 students and I think I've made an impact on all those students. It's for the ability to continue making an impact on an even larger level than that. He said during the question session of the election process.

Scherer also credits the CSE leadership committee for

some of his success as a student leader.

"I already saw myself as a student leader within our community at that point. And I think that entire group and motivation that you get from that conference kind of makes you realize how much of a leader you actually are."

Scherer is now the president-elect, but the board of directors that he will serve has yet to be elected. Under the presidential selection process, the board is elected by the student population at large and has voting power during board meetings.

I asked Scherer what he thought of this year. His message would be to the right. Scherer members of the will understand board.

We're all going to be there to support each other. We're going to need to be. Scherer said.

THE FINAL DECISION

66% JEFF SCHERER
33% ADAM ROCHON



Simon Mappin
Programs: Digital being president is on, three-year in their industry, business development in the student job status who is all final week record



Hapter Pheen
Programs: Public relations, co-president. Free college/working the site on all, looking to be that student at students can reach on campus



Andrew Richards
Programs: Community and international, basketball. ACT, leadership, communications and leadership, want more on, really know what CSE offers



Dany Klein
Programs: Arts and sciences, computer. Outside interests in a private community to determine student society, leadership for CSE president



Jason Wright
Programs: A business student, former marketing. Open to the job status in regular work in related companies and have passed past university

SOMETHING OLD, SOMETHING NEW

Millpond caters to the record and book lover in you

BY BRUCE CHIBRELL

Books and records go together as like butter and toast. Everyone loves to listen to their favourite album while they flip through the pages of a good read, but rarely do you ever see a place that has a wide variety of music and a great collection of books. Millpond Records is one of the exceptions, having merged these two worlds together for your pleasure.

Husband and wife Wendy and Greg Hood Morris opened Millpond Records on Queen Street in the Hampshire part of Cambridge in August 2003, specialising in used and rare records and books. Recently they began selling new books and records as well.

Shelves packed with books are steadily in front of you when you enter the store as well as a display of new records. The smell of old books permeates the room, and when you pick up a title that intrigues you and flip through the pages that small, only this emerges.

On the other side of the store room of records is what protective plastic on an alphabetical order. An incredible variety of genres can be found everything from The Beatles to the soundtrack of The English Patient. Back from England the market is a remarkable place music and

reading anyone pursuing the books or searching through the records.

"I'd always wanted to start a business," said Wendy when explaining how they started Millpond. "We both have lots of book experience and Greg has lots of music experience on the records and books is also a good combination." Wendy worked at many bookstores before opening Millpond including used bookstores at the University of Toronto, but on the music side of things she and Greg approached the other part of their store as something completely new.

"Greg has been a music fan all his life. He was a musician and has been collecting vinyl all his life. I have my own experience with music as well but the music has always been in Greg's music. We never worked on a record store before as that was the only thing we had in store before starting here."

Wendy and Greg decided on the location in Hampshire because it was within walking distance from their house as well as being an ideal place to open their shop. "It is a nice little community and Wendy 'We're on our fourth year now and it feels like we're part of the fabric now." Millpond has also been an owner of many books and records come through the store. "We sold a copy of



OWNER OF MILLPOND RECORDS

General Wendy Morris Morris has a copy of his first book to the Harry Potter community books and records.

Exposure. It was rare and not from the life that went for several hundred dollars. We sold a copy of The Giver. It was a first edition that sold for about \$100."

At Millpond all of the rare and collectible merchandise is proudly displayed behind the counter. One of the most on display at the time of writing included a Motown 100 1977 book on compact disc, which is going for \$500 and

The Two Wives by John Grisham, a picture book, some which was also an companion to a game. It had been located in a game store.

Millpond has also moved online (www.millpondbooks.com) where they sell books and records. They also support local artists from around the Cambridge/Patchway-Waterloo area by selling their work, which could include books, records or art. An

interesting piece available was a record by Father Gray where each record sleeve was individually inked, some as well as having each vinyl a different colour. Wendy encourages local artists to bring in their records, writing or art so that it can be sold.

All of this makes Millpond a unique part of a store that is a required must for anyone who wants to step into a book or get some fresh vinyl.



Millpond has a large collection of new and used books and a wide variety of records.



Millpond Records and Books is located in the Hampshire part of Cambridge on Queen Street.

Eating disorders affect us all

BY BARRY LAMAR

We all know someone who is obsessed with how they look. They have diets, make-up, make clothes all of it. It all has to be perfect. This can be very dangerous, especially when it comes to their weight.

Some people have an unhealthy obsession to weigh a certain amount and to look a certain way. This causes them to become preoccupied with over-exercising their food and calorie intake as well as their weight.

An eating disorder is defined as an abnormal eating habit that can involve excessive amounts of food intake or someone who is not eating enough food. This can damage a person's physical and mental health.

The two most common forms are bulimia, and anorexia nervosa, according to some health experts. Bulimia, involves the act of binge eating and then purging or vomiting immediately afterwards. Anorexia nervosa is an obsession that of gaining weight and having an unrealistic perception of body weight.

There are many different forms of an eating disorder. The ones that are currently recognized in the medical world, can result from the most hated stressor: an image of eating disorder. Some people without purging, binge eating without dis-

order eat otherwise specified (OSFED) — an eating disorder in which the person may still have excessive thoughts but does not meet the criteria for anorexia or bulimia and pure eating involves eating, throwing or taking non-food items or foods containing no nutrients.

There are disorders that are not currently recognized in the medical field according to many physicians such as compulsive overeating, eating more than necessary, purging disorder (purging to control weight or shape), rumination (regurgitation of food, slower loss), is a disorder in which a loss of control occurs by eating very fast in order to eat more food, eating behaviour problems in children (or) night eating syndrome (an increased appetite for food at night), carbophobia (fear of carbs), carbophobia (fear of carbs), an obsession with avoiding unhealthy foods, disordered (usually restricting their food intake and calories in exchange for the alcohol, caffeine and pregnancy, intense desire to control your physical appearance).

There is a lot of eating disorders, including bulimia, anorexia, binge eating, and compulsive overeating. According to some health experts, eating disorders are becoming more common. People who suffer from body dysmorphic disorder can often see the way a person sees himself or herself. The media is often blamed for this fact that they believe the



PHOTO BY BARRY LAMAR

People can have different types of eating disorders. Sometimes an eating disorder is not even perceived there is a problem at all.

side physical shape of people such as models and celebrities.

The media's tendency to glorify an image of what the perfect body weight is, says high school teacher, Lamar. "You look at the covers of magazines and see that person who has clear skin, perfect hair and the body to match. It's

not right, it's not realistic.

People tend to think that a lot of disorders are only found in teenage girls. However, the same disorder affects boys.

"Due to the fact that a lot of disorders are most associated with young girls, boys and people of an older age may think that they don't have a disorder because they don't

fit the age bracket. That's not true. Eating disorders affect all ages. Lucky said.

If you or someone you know is struggling with an eating disorder and wants to seek help, you can contact the National Eating Disorder Information Centre helpline toll free at 1-866-583-0228. You can also visit www.therecovery.ca.

Celebrating Cultural Diversity Week

Look for the Globe!

The image of the Globe will be posted at each participating service area and in the Student Life Centre where you can find exciting and informative activities that celebrate our diverse student population.

February 24th - 28th

Presented in partnership with





Photo by Jeff Tallis for the Cambridge News

Leo Silbaugh (left) is sales associate at Warehouse One in Cambridge, and assistant manager Jessica McClellan displays jeans that were donated to WOOD's fall charity charity.

JEANS FOR TEENS

Clothing store collects pants for the homeless

BY CALIE WINDSHAMMER

Homelessness is an issue that affects communities all over the world. One company decided to lend a hand.

Warehouse One is a clothing store located at the Gas Light District. The store collects gently used jeans from Jan. 17 to Feb. 6. The jeans that were donated were donated to a local charity called WOOD.

WOOD's (Woods One Outdoors) is located at 544 Queen St. W. in Cambridge and is dedicated to serving young people and decreasing homelessness.

The organization began in 1993 and last year served 500 youth. WOOD provides food, clothing, and shelter as well as education, group support, and job training. It also runs a drop-in program where teens can get support and share their options.

All 115 Warehouse One stores across Canada are accepting donations and all of

Feb. 4 the Cambridge location had received 86 pairs of jeans which is quite a jump from the number they received last year.

"I think it is great because we are helping our local community and all of those teens in need."
— Leo Silbaugh

Last year we received 10 pairs of jeans. We are doing a lot better this year. We are more fortunate. And Jessica McClellan, the assistant manager at Warehouse One in Cambridge.

This year customers are generous with their donations. One person dropped off eight pairs.

"It is usually more than one pair. I don't think we have had a customer yet that has



Warehouse One generously accepts donations from customers from Jan. 17 to Feb. 6.

put together in one block.

Warehouse One collects jeans donations every year, around the same time. They also accept other clothing items. Any customer who donates jeans for the charity receives

10 per cent off a purchase at the store.

"I think it is great because we are helping our local community and all of those teens in need."

"There seems to be a lot of trouble with them. It

is a great idea. We are helping out, and Leo Silbaugh is a great person who works at the Cambridge store."

To find out how you can help and to learn more about WOOD, visit www.wood.ca or go to

Faces around Conestoga

It is bundle up or stay inside during these dreary days of winter



PHOTO BY DEVIN KATY

Students have experienced lots of bright temperatures at Conestoga College this winter. They will soon be bundled up in the region's blizzards.



PHOTO BY DEVIN KATY

Devin Katty, a first-year police foundation student at the college, is caught reading in the shadows of the library while waiting between classes.



PHOTO BY LARA HENNING

First-year information technology student Lara Henning is sitting in a library, looking at a small object in her hands. She is sitting on a bench, looking at a small object in her hands. She is sitting on a bench, looking at a small object in her hands.



PHOTO BY DEVIN KATY

Chris Snodgrass, a first-year broadcast television student, practices his cinematography skills at Conestoga College's Dean campus.

Conestoga student going national

Alex Moher is set to compete in the Canadian wrestling juniors this March

BY LARSEN CHERRY

Alex Moher is no stranger to overcoming odds, such as through several injuries before taking the gold for his weight category at the Ontario junior wrestling championships.

Now his training for the Canadian juniors, which are being held in Edmonton from March 18-20, is a something which could catapult him from Canada to Olympians for the world class pedigree of his team.

The second-year Conestoga College wrestling student dominated the competition in the 150-kilo men's weight category on the weekend of Jan. 16-18 despite having to train through several injuries.

"It can be frustrating Moher said. "You can deal with injuries by training with different moves adjusting your style. There are ways to train around injuries but it's tougher."

Training once or twice a



PHOTO COURTESY OF ALEX MOHER

When Alex Moher takes down his opponent, on his way to another victory

day, every day of the week, Moher said, shows nothing but many weeks of practice and hard work come to fruition. He said it's a lot better to practice moves in a real match, setting that way you

get to test yourself against real competition.

So far, knowing that practice is a lot different from reality, he said.

"Using a mat, you're practiced in a whole successful

ly is an accomplishment.

The Kitchener resident said he considered his gold medal to be the Ontario Federation of Wrestling Athletes Association championship in 2015 to be one of his most memorable

moments.

"The OFWAA tournament was a big deal, because I'd say that's one of the best wins I've had."

"A lot of people have been saying more that they like wrestling, and the Olympic gold."

Moher has said he even said good to go to qualify for the Olympics in 2016, as wrestling is set to return to the Summer Olympics that year.

He said wrestling is still an important part of the sports world, and that he was glad to be able to see its return to the Olympics and possibly compete in it.

"I love the sport because it's exciting and giving back," said the wrestler.

"The best thing about it is how it affects people lives. I've never seen someone step into the wrestling ring and not come out a better person."

A lot of people in wrestling say that there are only two kinds of wrestlers - winners and losers.

BASED ON GREEN DAY'S GRAMMY® AWARD-WINNING MULTI-PLATINUM ALBUM

GREEN DAY'S ★ ★ **american IDIOT**

Sat, 8 Mar. @ 8PM

Control the game with the 100% free app

★ the groundbreaking BROADWAY musical ★

Get anywhere in the house for \$10 with **EX 80 Under 30!**

centre
IN THE SQUARE

Sponsor

latter
theatre

Invited Partner

Cooperation

executive
SOLUTIONS

Major Partner

scotiabank

Partner

Canada
Energy

Information
Technology Partner

Equipe

Official Event of the 2016 Winter Games

Digital Project

CloudNet



PHOTO BY MARK BURGESS

A group of cyclists travel down King Street during the coldest day of the year on Feb. 7. The low temperature: -14 C.

Winter doesn't scare these cyclists

BY MARK BURGESS

On the coldest day of winter, most people stay indoors with a warm drink sitting by the fire. The Kitchener cycling advocacy committee (KCCAC) considered what to do instead: rally the cyclists, stay in the region and planned a bike trip on that day.

On Feb. 7 cycling enthusiasts gathered at Kitchener city hall to share stories about cycling in the city and to share in some hot chocolate before they would attempt to ride 18 km around the city. While the temperature wasn't exactly the coldest of the winter, the -14 C weather wasn't exactly desirable either.

For the second year, KCCAC members, together with approximately 30 other town cyclists, rode to test their endurance against the harsh and winter elements. The event was modeled after one that takes place in Toronto and the KCCAC plans to keep attempting the 18 km ride every year.

This ride is supposed to be a fun activity, a test of put checks for cyclists who would normally commute by other means in the winter. It gives them a chance to see what it would be like if they kept cycling when the snow falls. Peter Dillen, the chair of the Kitchener cycling advocacy committee, said before in the winter is not that much of a hassle if cyclists just make a few minor adjustments to their bikes. More tires and some

winter pumps for the front and back wheels should get anyone in good shape to handle the city's roads and bike trails.

Dillen said most people who would normally commute on their bikes are discouraged because the city has been less than stellar this winter with these upticks of bike trails and lanes in Kitchener.

"It's a way to raise awareness about the situation the winter cyclists face," Dillen said. "There are so many bike lanes that are not at all icy, but as the roads get more and more salt and light and it keeps people off the roads. People who normally would ride in the winter are not willing to ride on the roads. There are also bike trails that are labeled as closed are bike trails that require no maintenance in the winter."

Close one trail is bike trails that are marked to be used year-round as major routes for those who commute by bike. But the trails have only been usable for half of the year.

Brian Hudson said there is more that could be done to accommodate the growing number of cyclists in the town, but said that the city has still made a long way.

"I think the cycling community has taken the city by surprise and brought some attention in Ontario, but there is always more for improvement," Hudson said. "Working with municipalities, bicycle lanes in the winter. If you want to encourage cycling then you have to make a safe

environment for cyclists."

Those who commute to University College on a regular basis should know that Dillen listed Laura Dene as one of the most dangerous spots in the city for cyclists and said the city could make more changes to improve safety in the area.

"We know for sure that there has been serious incidents recently, especially coming into the city from there," Dene said. Dene is definitely a pretty nice street, but definitely a pretty nice street, but definitely a pretty nice street. There is also a lot of bike trails in terms of connectivity in Kitchener and there is a lot of bike trails in terms of connectivity in Kitchener and there is a lot of bike trails in terms of connectivity in Kitchener.

Along the path of the

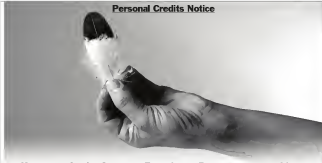
There is a lot of bike trails in terms of connectivity in Kitchener and there is a lot of bike trails in terms of connectivity in Kitchener and there is a lot of bike trails in terms of connectivity in Kitchener. There is a lot of bike trails in terms of connectivity in Kitchener and there is a lot of bike trails in terms of connectivity in Kitchener. There is a lot of bike trails in terms of connectivity in Kitchener and there is a lot of bike trails in terms of connectivity in Kitchener.



PHOTO BY MARK BURGESS

Brian Hudson of Kitchener shows off his winter riding gear at Kitchener city hall on Feb. 7.

Personal Credits Notice



If you received a Common Experience Payment, you could get \$3,000 in Personal Credits for educational programs and services.

The Indian Residential Schools Settlement Agreement. The healing continues.

Since 2007, almost 80,000 former students have received a Common Experience Payment ("CEP") as part of the Indian Residential Schools Settlement Agreement. CEP recipients are now eligible to receive non-cash Personal Credits of up to \$3,000, for either themselves or certain family members, for educational programs and services.

What are Personal Credits? Personal Credits may be used for a wide range of educational programs and services, including those provided by universities, colleges, trade or training schools, indigenous institutions of higher learning, or which relate to literacy or trades, as well as programs and services related to Aboriginal identities, histories, cultures or languages.

How much are Personal Credits? Adequate funds are available for each CEP recipient to receive up to \$3,000 in Personal Credits, depending on your approved educational expenses.

Which educational entities and groups are included? A list of approved educational entities and groups has been jointly developed by Canada, the Assembly of First Nations and Inuit representatives. If an educational entity or group is not on the list, please consult the website for more information.

Will I receive a cheque? No. Cheques will be issued directly to the educational entity or group providing the service.

Who can use Personal Credits? CEP recipients can use the full amount themselves or give part or all of their Personal Credits to certain family members such as a spouse, child, grandchild or sibling, as defined in the terms and conditions. Personal Credits

of multiple CEP recipients can be combined to support a group learning activity.

How can I get Personal Credits? Each CEP recipient will be mailed an Acknowledgment Form. If you do not receive an Acknowledgment Form by the end of January 2014, please call 1-866-343-1858. Completed Acknowledgment Forms should be returned as soon as possible and must be postmarked no later than **October 31, 2014**.

How do I redeem my Personal Credits? Once approved, you will be sent a personalized Redemption Form for each individual using Personal Credits at each educational entity or group. Once the Form is received, provide it to the educational entity or group listed. The educational entity or group must then complete and mail back the Redemption Form postmarked no later than **December 1, 2014**.

CEP recipients have the option of sharing their Personal Credits with certain family members, such as:

- Children
- Spouses
- Grandchildren
- Siblings

What happens to unused Personal Credits? The value of unused Personal Credits will be transferred to the National Indian Brotherhood Trust Fund and Inuvialuit Education Foundation for educational programs.

For more information, including how Personal Credits can be redeemed by certain family members of CEP recipients that are deceased, visit www.residentialschoolsettlement.ca or call 1-866-343-1858.

The IRS Crisis Line (1-866-925-4419) provides immediate and culturally appropriate counselling support to former students who are experiencing distress.

1-866-343-1858 • www.residentialschoolsettlement.ca

**HOROSCOPE**

Week of February 24, 2014

**Aries**March 21 -
April 19

There is a lot to do and your plans may seem full. Luckily things are about to clear up.

This weekend: Back.

**Taurus**April 20 -
May 20

Things keep popping up but everyone keeps things interesting even if they can be annoying. Manage it and try to adapt.

This weekend: Dating.

**Gemini**May 21 -
June 21

This exciting week, are a teacher in the spirit that is the second semester. Hopefully you caught your breath - as time breaks down.

This weekend: Peace.

**Cancer**June 22 -
July 22

A look at something every day, school or work, could give you a nice boost.

This weekend: Wandering.

**Leo**July 23 -
August 22

Trying to arrange so many things to go together is tough work and sometimes it doesn't work. This can be OK, take a nap.

This weekend: Admiring.

**Virgo**August 23 -
September 22

Hard work and determination usually pay off. This is true for you too.

This weekend: Out.

**Libra**September 23 -
October 22

It takes some strength to speak the truth that you're thinking. Looking at how often you need, there does it, you do this can tell you a lot.

This weekend: Help.

**Scorpio**October 23 -
November 21

A look at your future could be just what you needed to look for an opportunity to do that.

This weekend: Share up.

**Sagittarius**November 22 -
December 21

Randomly has power for results and feelings. Use the power.

This weekend: Inspire.

**Capricorn**December 22 -
January 19

Getting up with someone you haven't talked to in awhile may have more of an impact than usual talk usually does.

This weekend: Thrust.

**Aquarius**January 20 -
February 18

Material goals aren't everything but saving up for something special can yield rewards in kind.

This weekend: Back.

**Pisces**February 19 -
March 20

Notes can be good or bad. How could be the time for you to adapt, a good one or get out of a bad one.

This weekend: Help.



HOMOPHONIC REARRANGEMENT

Useless Facts

Golfers and rowers can see longer without water than canals.

Most people are killed each year from bees than from snakes.

Disneyland opened in 1955.

Chicken has the lowest freezing point in the animal kingdom as many as 50 million of them.

Cardinals come from the French word for red or cardinal.

Sudoku Puzzle

		1			7		2	4
6		7			9			
			1			8		
	6		3			4		
	4						5	
		3		1	4		6	
		4			8			
			6			9		8
8	5		9			3		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search**Midterm**

L	C	B	H	Q	B	U	R	O	R	S	E	V	L	C	U	ACADEMIC
S	S	R	H	M	Y	E	D	A	B	G	C	Z	C	C	J	ANSWER
B	N	A	A	B	G	B	B	F	A	I	L	K	R	O	D	REVENUE
O	R	I	X	M	F	U	J	I	M	G	K	K	U	N	T	PUBLISHED
V	X	S	R	X	A	N	E	E	N	O	B	Q	R	G	J	CLOSED
Z	Q	L	U	E	T	I	D	S	O	S	E	E	R	E	K	BOOK
X	U	I	R	X	B	A	N	B	S	D	B	V	L	N	V	CLUES
W	E	C	P	F	C	A	S	G	O	E	A	I	E	T	R	CONCENTRATE
F	S	N	Q	A	M	E	E	N	S	M	N	T	S	R	E	CHAMING
X	T	E	X	U	S	D	R	A	F	E	S	C	H	A	C	QUESTIONS
B	I	P	J	O	E	E	W	N	E	P	W	E	E	T	A	FAIL
O	D	F	L	O	T	S	M	H	I	R	E	J	E	E	L	GRADE
O	N	C	L	T	E	E	T	J	B	A	R	B	T	E	L	GUESS
K	S	Z	E	E	C	T	B	I	M	H	I	O	C	P	E	NOTES
R	G	N	E	B	A	E	R	B	O	S	D	E	A	T	N	OBJECTIVE
K	Y	N	O	T	E	S	T	W	R	N	D	S	O	P	S	SCORE

ACADEMIC
ANSWER
BEGIN
BUBBLESHEET
CLOSEBOOK
CLUES
CONCENTRATE
CHAMING
QUESTIONS
FAIL
GRADE
GIVEN
NOTES
OBJECTIVE
BOOK
QUESTION
READING
RECALLING
REARRANGING
SHARPENED
PENCILS
WRITTEN



Gordany Blue is well trained in the major schools of Divination. Comparison and of course Myrrom.

NOW RECRUITING
Board of Directors
Conestoga Students Inc.

2013-2014 Elections: February 24 - March 7, 2014



REASON #8

“To gain hands-on experience in leadership and business”

Pick up your Director Package at the CSI Office at your campus, or online at conestogastudents.com/elections

For more information, contact
Sheena Witzel at
switzel@conestogac.on.ca

Director Packages will be available February 24, 2014 and need to be handed in by March 7, 2014 at the CSI Office.

CONESTOGA
STUDENTS INC.